**Annotated Brain Resources for Parents**

**Web Sites**

Brain Facts: [www.brainfacts.org/](http://www.brainfacts.org/)

The Society for Neuroscience, Gatsby and Kavli Foundation all contribute to this website. You can find general information about neuroscience and “brain basics” as well as diseases and disorders of the brain. You might want to read about “Stress and Anxiety.” <http://www.brainfacts.org/across-the-lifespan/stress-and-anxiety/>

Dana Brain Foundation: <http://www.dana.org/>

This Dana Foundation supports brain research through grants, publications and educational programs. They have a section of the website for kids. Their “Brain in the News” (targeted at the general public) is a great way to keep current with new brain research. Check out the “Fear and the Brain” article!

Neuroscience for Kids: <http://faculty.washington.edu/chudler/neurok.html>

This website is not just for kids; it’s for everyone who wants to learn about the brain.  You can search the web site on the [questions/answers](http://faculty.washington.edu/chudler/questions.html) page, and if your question is not answered on the website, you can email neuroscientist Dr. Eric Chudler (University of Washington) who will respond to your question. You can sign up for the monthly edition of Neuroscience for kids. There’s also a link to a 30 minute video “Brain Works” hosted by Eric Chudler, PhD.

3-D Brain App: [http://www.g2conline.org/](http://www.g2conline.org/" \t "_blank)

**Article: The Teen Brain: Still Under Construction**:

[http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml](http://www.nimh.nih.gov/health/publications/the-teen-brain-still-under-construction/index.shtml" \t "_blank)

**Article: Teenage Brains** (National Geographic):

[http://ngm.nationalgeographic.com/2011/10/teenage-brains/dobbs-text/1](http://ngm.nationalgeographic.com/2011/10/teenage-brains/dobbs-text/1" \t "_blank)

This article gives insight into why teens are volatile and vulnerable during adolescence. Every parent can relate to the examples cited in this article, and it helps to understand just why teens act the way they do. They can’t help it; their brains aren’t fully developed until they are in their early twenties!

**Books**

**Research-Based Strategies to Ignite Student Learning**, by Dr. Judy Willis (Judy’s writing is just right for parents and teachers to understand how learning happens and how the brain is designed to learn).

**Five Big Ideas for Effective Teaching**, by Donna Wilson and Marcus Conyers (I like this book because it reveals the myths of closed mindset and exploits a kid’s potential through a solid understanding of Plasticity.

**Why Zebras Don’t Get Ulcers** (3rd edition), by Robert Sapolsky, Ph.D. (This is a great read about the harmful impact of stress in the modern world).

**Fish is Fish** by Leo Lionni (I like this book because it focuses on individual brains and the importance of making visible what the other person brings to the table).

**You Can't Say You Can't Play** by Vivian Gussin Paley, (This book should be compulsory reading for every teacher, parent and child – better to read and discuss it with the child).

**Videos:**

The Mysterious Workings of the Adolescent Brain (TED Talk by Sarah-Jayne Blakemore) - [http://www.ted.com/talks/sarah\_jayne\_blakemore\_the\_mysterious\_workings\_of\_the\_adolescent\_brain?language=en](http://www.ted.com/talks/sarah_jayne_blakemore_the_mysterious_workings_of_the_adolescent_brain?language=en" \t "_blank)